AMENDMENTS TO THE CLAIMS

Claims 1-43 (Cancelled)

44.   (New) A method for physical fitness activity using a portable interactive device comprising:

    selecting an exercise among a plurality of exercise activities, wherein the exercise is an activity for physical fitness and/or physiological effect;

        requesting exercise information of the selected exercise using a portable interactive device;

        downloading the requested information onto the portable interactive device using an interface of the portable interactive device to connect to an Internet network;

        performing the selected exercise; and

        collecting data of the performed exercise.

45.   (New) The method of claim 44, further comprising:

        exporting the collected data to an external application outside the portable interactive device using the interface of the portable interactive device to connect to an Internet network.

46.   (New) The method of claim 44, further comprising:

        analyzing the collected data; and

        providing a report of the analysis and/or advice based on the analysis.

47.   (New) The method of claim 44, wherein a multimedia file is included in the downloaded information, wherein the multimedia file may include text, audio, video, and/or image.

48.   (New) The method of claim 44, wherein downloading the requested exercise information further comprising:

        downloading an exercise template, wherein the exercise template includes a description of the exercise, a categorization of the exercise, and a plurality of instructions on how to perform the exercise.

49.   (New) The method of claim 48, wherein the exercise template further includes a definition of a set structure showing how a plurality of sets are instructed and quantified, wherein a set is composed of a plurality of activities, wherein an activity is composed of a plurality of instructions.

50.   (New) A method for physical fitness activity using a portable interactive device comprising:

        selecting an exercise among a plurality of exercise activities, wherein the exercise is an activity for physical fitness and/or physiological effect;

requesting exercise information of the selected exercise including an exercise template, using a portable interactive device;

downloading the requested information including an exercise template onto the portable interactive device using an interface of the portable interactive device to connect to an Internet network, wherein the exercise template includes a description of the exercise, a categorization of the exercise, and a plurality of instructions on how to perform the exercise;

creating an exercise definition from the exercise template, wherein the exercise definition includes a description of the exercise, a categorization of the exercise, a plurality of instructions on how to perform the exercise, a quantification of the exercise at one or more levels wherein a level defines a plurality of loads, a definition of data to be collected during the exercise, and a collect segment that specifies information to collect after the exercise is completed;

performing the selected exercise; and

collecting data of the performed exercise;

51.   (New) The method of claim 50, wherein the exercise definition further includes a target level quantification information.

52.   (New) The method of claim 51, further comprising:

generating an exercise instance from the exercise definition, wherein the exercise instance includes the description of the exercise, the target level quantification information, and actual quantification data that is collected during the exercise performed by a user.

53.   (New) The method of claim 50, further comprising:

browsing an exercise library, wherein the exercise library includes a plurality of exercise definitions and/or a plurality of exercise templates.

54.   (New) The method of claim 53, further comprising:

selecting an exercise template in the exercise library for execution.

55.   (New) The method of claim 53, further comprising:

selecting an exercise definition in the exercise library for execution at a specific level.

56.   (New) The method of claim 53, further comprising:

selecting an exercise definition for inclusion in a workout at a specific level, wherein the workout is a series of one or more exercises executed in succession over a continuous period of time on a given day.

57.   (New) The method of claim 53, further comprising:

selecting an exercise definition for inclusion in executing a workout at a specific level wherein a workout instance references or includes an exercise instance, wherein the exercise instance includes the description of the exercise, the target level quantification information, and actual quantification data that is collected during the exercise performed by a user.

58.   (New) A method for physical fitness activity using a portable interactive device comprising:

selecting a workout among a plurality of workout activities, wherein the workout is a series of one or more exercises executed in succession over a continuous period of time on a given day and contains a description, an instruction and exercise information, wherein the exercise is an activity for physical fitness and/or physiological effect;

requesting workout information using a portable interactive device;

downloading the requested information onto the portable interactive device using an interface of the portable interactive device to connect to an Internet network;

performing a plurality of exercise activities included in the selected workout; and

collecting data from the performed workout.

59.   (New) The method of claim 58, further comprising:

exporting the collected data to an external application outside the portable interactive device using the interface of the portable interactive device to connect to an Internet network.

60.   (New) The method of claim 58, further comprising:

analyzing the collected data; and

providing a report of the analysis and/or advice based on the analysis.

61.   (New) The method of claim 58, wherein a multimedia file is included in the downloaded information, wherein the multimedia file may include text, audio, video, and/or image.

62.   (New) The method of claim 58, wherein downloading the requested workout information further comprising:

downloading a workout definition, wherein the workout definition includes a description, a categorization, and multimedia information.

63.   (New) The method of claim 62, wherein the workout definition includes or references at least one exercise definition and specifies what workout level data should be collected during execution, wherein the exercise definition includes a description of the exercise, a categorization of the exercise, a plurality of instructions on how to perform the exercise, a quantification of the exercise at one or more levels wherein a level defines a plurality of loads, a definition of data to be

collected during the exercise, and a collect segment that specifies information to collect after the exercise is completed.

64.   (New) The method of claim 63, wherein the workout level can reference an arbitrary exercise definition at an arbitrary exercise level regardless of the references made by other workout levels.

65.   (New) The method of claim 58, further comprising:

downloading a workout definition, wherein the workout definition includes a description, a categorization, and multimedia information; and

generating a workout instance from the workout definition, wherein the workout instance represents an occurrence of a workout and includes all information that the workout definition contains.

66.   (New) The method of claim 65, wherein the workout instance includes a planned date of execution and any collected workout data.

67.   (New) The method of claim 65, wherein the workout definition references a exercise definition, wherein the exercise definition includes a description of the exercise, a categorization of the exercise, a plurality of instructions on how to perform the exercise, a quantification of the exercise at one or more levels wherein a level defines a plurality of loads, a definition of data to be collected during the exercise, and a collect segment that specifies information to collect after the exercise is completed.

68.   (New) The method of claim 65, the workout instance references an exercise instance, wherein the exercise instance is generated from an exercise definition and includes the description of the exercise, the target level quantification information, and actual quantification data that is collected during the exercise performed by a user, wherein the exercise definition includes a description of the exercise, a categorization of the exercise, a plurality of instructions on how to perform the exercise, a quantification of the exercise at one or more levels wherein a level defines a plurality of loads, a definition of data to be collected during the exercise, and a collect segment that specifies information to collect after the exercise is completed.

69.   (New) The method of claim 68, wherein the exercise instance referenced by the workout instance includes collected exercise data specific to the workout instance.

70.   (New) The method of claim 58, further comprising:

selecting a program among a plurality of program activities, wherein the program is a schedule of a plurality of workouts;

performing a plurality of workout activities included in the selected program; and

collecting data of the performed program.

71.   (New) The method of claim 70, further comprising:

browsing a program library for a program to execute, wherein the program library includes a plurality of programs at a plurality of levels.

72.   (New) The method of claim 70, further comprising:

downloading a program definition, wherein the program definition includes a description, a categorization, and multimedia information.

73.   (New) The method of claim 72, wherein the program definition further includes or references at least one workout definition, wherein the workout definition includes a description, a categorization, and multimedia information.

74.   (New) The method of claim 72, wherein the program definitions further includes multiple levels of execution, wherein each level can reference an arbitrary workout definition at an arbitrary workout level regardless of the references made by other program levels.

75.   (New) The method of claim 72, further comprising:

generating a program instance from a program definition, wherein the program instance includes a description, a categorization, and multimedia information.

76.   (New) The method of claim 75, wherein the program instance further includes references to at least one workout instance, wherein the workout instance is generated from the workout definition, wherein the workout instance represents an occurrence of a workout and includes all information that the workout definition contains.

77.   (New) The method of claim 58, further comprising:

browsing a workout library for a workout definition, wherein the workout library includes a plurality of workout definitions and each workout definition contains levels of prescription, wherein the program definition includes a description, a categorization, and multimedia information.

78.   (New) The method of claim 77, further comprising:

adding at least one workout definition for inclusion in a selected program at a specific level, wherein a program instance references a workout instance.

79.   (New) The method of claim 78, wherein one workout definition may have a different level from another workout definition.

80.   (New) A method for communications protocol based on XML comprising:

selecting a fitness data among a plurality of fitness data, wherein the fitness data is generated from a program of workouts and/or exercises and is arranged in an object-oriented architecture, wherein said object-oriented architecture allows for an encapsulation of multimedia files;

requesting the selected fitness data using a portable interactive device;

downloading the requested fitness data onto the portable interactive device using an interface of the portable interactive device to connect to an Internet network;

performing the program of workouts and/or exercises associated with the fitness data; and

collecting data of the performed workouts and/or exercises.

81.   (New) The method of claim 80, further comprising:

downloading a program object, wherein the program object is comprised of a plurality of workout objects that in turn is based upon a plurality of exercise objects, wherein said program object, said workout object and said exercise object are encapsulated with multimedia files.

82.   (New) A system for physical fitness activity comprising:

a portable interactive device, wherein the portable interactive device includes:

an interface to connect to an Internet;

a memory to record data from an exercise;

a processor with instructions to download and display exercise information and upload data collected from an exercise performed by a user;

a display; and

an user input device;

an external application accessible through the Internet, wherein the application is capable of providing exercise information, analyzing data collected from an exercise, and/or providing a report; and

a network providing the portable interactive device with an access to the Internet.

83.   (New) The system of claim 82, wherein the portable interactive device is a handheld device.

84.   (New) The system of claim 82, wherein the portable interactive device further includes a data collecting module that collects data during and/or after an exercise performed by a user.

85.   (New) The system of claim 82, wherein the external application is capable of storing data of a user collected from an exercise.

86.   (New) The system of claim 82, further comprising:

a computer readable medium including an exercise library, wherein the exercise library includes a plurality of exercise definitions and/or a plurality of exercise templates.